

## INNER EAR

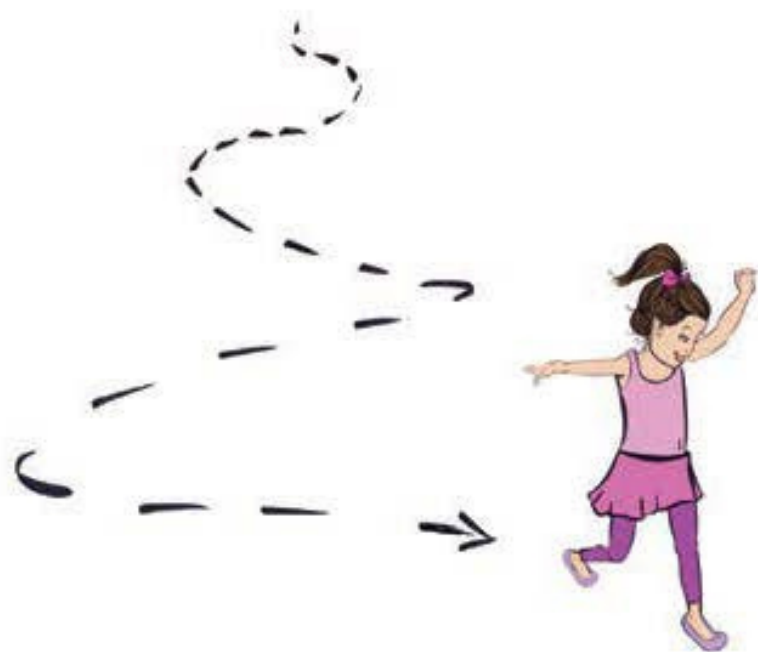
# Gazelle Zig-Zag



### Fun Fact!

Gazelles can run fast for a long time and zig zag swiftly from side to side to outwit a cheetah.

We zig zag and make small turns to get around obstacles in many sports and activities.



## USE YOUR INNER EAR

### To change direction and zig zag

Zig zag around furniture or people the room. Look for the open spaces.

- Make a narrow zig zag (sharp turns).
- Make a wide zig zag (wide turns).

*Tip: When changing direction look first and the rest of your body will follow. Your eyes help lead the way.*

